

## SYMPTOMS OF CORONAVIRUS

Patients with COVID-19 have experienced mild to severe respiratory illness. Symptoms may appear 2-14 days after exposure.

Symptoms can include:

FEVER



COUGH



SHORTNESS OF BREATH



Seek medical advice if you develop symptoms and have been in close contact with a person known to have COVID-19.

For more information visit  
[cdc.gov/COVID19-symptoms](https://cdc.gov/COVID19-symptoms)

## EMERGENCY CONTACTS

### Medical Centers

- SRMT Medical Outreach Services:  
(518) 358-3141
- MCA Community Health Program:  
(613) 575-2341 ext. 3220

### Emergency Operations Centers

- SRMT EOC: (518) 320-0019
- MCA EOC: (613) 575-5005 or (613) 575-2331

### Coronavirus Hotlines

- Franklin County Emergency Services  
COVID-19 Hotline: (518) 481-1111
- Alice Hyde Medical Center (medical questions):  
(518) 481-2700
- NYS Dept of Health COVID-19 24/7 Hotline:  
1-888-364-3065
- Eastern Ontario Health Unit: 1-800-267-7120

### For More Information

- U.S. Center for Disease Control: [www.cdc.gov](https://www.cdc.gov)
- NYS Department of Health: [www.health.ny.gov](https://www.health.ny.gov)
- Eastern Ontario Health Unit: [eohu.ca/en](https://eohu.ca/en)



# COVID-19

(NOVEL CORONAVIRUS)

## WHO SHOULD BE TESTED



### WHAT TO DO IF YOU HAVE A VERIFIED DIRECT EXPOSURE TO SOMEONE WITH A POSITIVE CASE OF COVID-19:

- You are urged to call your primary provider or your local Emergency Operations Center (EOC) for guidance.
- Practice self-quarantine for 14 days. Stay home and do not allow visitors.
- Monitor yourself several times for symptoms and check your temperature.
- Wash your hands often with soap and warm water for at least 20 seconds

## QUESTIONS & ANSWERS

### WHO IS ELIGIBLE FOR MASS COVID-19 TESTING?

All residents from the Northern and southern portions of Akwesasne and local business employees.

### WHY ISN'T MASS TESTING BEING DONE AT SRMT HEALTH SERVICES?

Testing supplies at SRMT Health Services are limited and are being reserved for those presenting symptoms of COVID-19.

### SHOULD I BE TESTED WITHOUT PRESENTING SYMPTOMS?

SRMT is encouraging everybody to be tested.

### WHY SHOULD EVERYONE BE TESTED FOR COVID-19?

Everybody in Akwesasne is encouraged to be tested so asymptomatic cases and infection rates may be identified.

### HOW LONG DOES IT TAKE TO RECEIVE TESTING RESULTS?

The turnaround time for COVID-19 testing results is approximately 2-10 days.

## MASS COVID-19 TESTING NOW AVAILABLE

#### • SAINT REGIS MOHAWK TRIBE

has entered into COVID-19 Mass Testing contracts for ALL Akwesasne residents and employees of local businesses.

#### • SRMT MASS COVID-19 TESTING SITES

are arranged with Massena Hospital and Mountain Medical Urgent Care; located in Massena. Akwesasne residents may contact them directly to schedule their own testing.

#### • AKWESASNE RESIDENTS FROM BOTH SIDES OF THE BORDER

are eligible to receive tests with the local providers. Individuals must bring a tribal identification card, Band Card, or Nation Red Card to the testing sites and state they are a resident of Akwesasne.

• **NON-MEMBER RESIDENTS AND EMPLOYEES OF AKWESASNE** may also receive testing and should bring their drivers license and/or employee badges to the testing sites. Business owners must contact the Tribe's Emergency Operations Center (EOC) to share employee rosters for contracted providers.

#### • FOR ACCESS TO COVID-19 TESTING

you must schedule your own appointment with either Massena Hospital at (315) 769-4321 or Mountain Medical at (518) 521-3322. There is no cost to you or any need to provide insurance information or cash deposits.

## EMERGENCY MEASURES TO STOP THE SPREAD OF COVID-19

- **WASH HANDS:** Please wash your hands often for at least 20 seconds with soap and warm water.
- **NON-ESSENTIAL TRAVEL ADVISORY:** Do not travel beyond 100-miles of the southern portion, or 50-miles of the northern portion of Akwesasne. Please self-quarantine at home for 14 days if you do!
- **WEAR A MASK:** When social distancing isn't possible or when going into public places. Remember – "No Mask, No Service".
- **SOCIAL DISTANCE:** Keep 6-feet apart from others whenever possible.
- **NO LARGE GATHERINGS:** Refrain from organizing or attending gatherings of 25 people or more.

## SRMT HEALTH SERVICES HOURS

- **SRMT HEALTH SERVICES: (518) 358-3141**  
**MUST CALL! NO WALK-INS ACCEPTED**  
Monday – Friday | 9:00 a.m. – 5:00 p.m.  
Saturday | 9:00 a.m. – Noon
- **SRMT PHARMACY: (518) 358-3143**
- **PHARMACY CURBSIDE PICKUP: (518) 358-4877**  
Monday – Friday | 10:00 a.m. – 4:50 p.m.  
Saturday | 9:00 a.m. – Noon